

VENUE AND ONLINE CLASSES · LOTS OF VARIETY

FITNESS TOGETHER



Fun, friendly classes

in Woodley & Earley with no judgement

See reverse for venues and times

Fitness Pilates

Build core strength, improve posture and increase flexibility.

HIIT

Half hour blast.
No dancing.
Fat burning.

Zumba

Dance to Latin music.
Gets you sweating and smiling.

Dance Aerobics

Fun dance-style aerobics. Great for burning calories.

Low Impact Cardio

Total body conditioning.

Call Sedge on 07885 633387

sedge.gooding@outlook.com

www.fitness-together.co.uk

Or join us from home

All classes are available to join live via Zoom or accessible via our platform at a time convenient for you.

- Live in or near Woodley or Earley?
- Not a fan of going to the gym?
- Feel you just couldn't keep up?
- Concerned you will be the "odd one out"?
- Want to get motivated?
- Want to exercise with like minded and like bodied people, just like you?
- Variety, different days and times
- No membership or tie-in
- Lots of fantastic testimonials on the website
- I know and look after my clients - let me take care of you

Want to get in shape and feel healthier?



I have been teaching exercise classes for 25 years and I love it. I have helped thousands of people get fit and some lose weight. I know all my members by name, care about them, look after them and we have FUN!

Class Timetable

Unlimited package available

Time	Class	Venue
MONDAY		
9.30am	Fitness Pilates - COURSE*	Our Lady of Peace, Church Hall, Wokingham Road, Earley, RG6 7DA
10.30am	Dance Aerobics	Our Lady of Peace, Church Hall, Wokingham Road, Earley, RG6 7DA
6.30pm	Dance Aerobics	Radstock Community Centre, Radstock Lane, Earley, RG6 5UL
7.25pm	HIIT	Radstock Community Centre, Radstock Lane, Earley, RG6 5UL
8.00pm	Zumba	Radstock Community Centre, Radstock Lane, Earley, RG6 5UL
WEDNESDAY		
10.30am	Dance Aerobics	Our Lady of Peace, Church Hall, Wokingham Road, Earley, RG6 7DA
6.00pm	Low Impact Cardio <small>(term time)</small>	Waingels College Gym, Waingels Road, Woodley, RG5 4RF
6.45pm	Fitness Pilates - COURSE*	Waingels College Gym, Waingels Road, Woodley, RG5 4RF
THURSDAY		
6.00pm	Dance Aerobics	Waingels College Gym, Waingels Road, Woodley, RG5 4RF
7.00pm	Zumba	Waingels College Gym, Waingels Road, Woodley, RG5 4RF

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